The Original Boston Computer Diet COMMAND CARD

Notes: • You can reach the Main Menu only after you have begun the second session. • Whether or not you have completed a session, always exit the program by selecting option 0 from the Main Menu: this saves your data. • Here's a tip. If you want to do a fresh start after the first session, boot side 1 and when you get to the warning, follow screen instructions.

Function Keys for Food Reporting and Meal Planning Systems

KEY	FUNCTION
<Esc>*	To exit system.
CRSR<left>** or f1	To highlight the previous option or move the cursor to the left.
CRSR<right> or f3	To highlight the next option or move the cursor to the right.
CRSR<up>** or f5	To move the highlighter up.
CRSR<down> or f7	To move the highlighter down.
< + >	To add a food to a meal or the database; changes a meal, time, mood, or portion size.
< – >	To delete a food from the database; changes a meal, time, mood, or portion size.
<f2>***	To cycle through the Food Groups.
<f4>***	To cycle through the Scorecards.
<f8>***	To edit a food in the data base.
<CLR>**	To clear a line.
<HOME>	To move the cursor to the start of a line.
<INST>**	To toggle insert/overprint mode.
<DEL>	To delete a character.
<RETURN>	To list a food item after its name is typed.

*The <Esc> key is the back arrow key located at the left of the top row of your keyboard.
**You need to use the <SHIFT> key with the CRSR<left>, CRSR<up>, <CLR> and <INST> for them to function as described.
***To operate the <f2>, <f4>, and <f8> keys, use:
<SHIFT> and <f1> for <f2>
<SHIFT> and <f3> for <f4>
<SHIFT> and <f7> for <f8>

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FOOD REPORTING SYSTEM

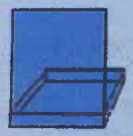
Breakfast 1/9 Add Foods	7AM Happy Portion	Unit	Report Cals
lg,egg protein	1 1/4	EA	102
bread/toast starch	1	SL	73
unsw,orange,juice fruit	1/3	CP	40
butter fat	1 1/4	TS	45
decaff,coffee/Sanka lo.cal.	1/2	CP	0

all foods ?: Help

ENTER FOOD NAME: ☐

HOW TO TURN THE BOX INTO AN EASEL

1. Remove contents from box and place aside.



2. Fold lid of box back.

3. Fold this command card so it fits into easel pocket.

4. Place card or manual in pocket.